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SEMI FINALS

Canadian soccer gets inspiration  
from unexpected source



RIO

Your essential daily news | TUESDAY, AUGUST 16, 2016

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## COOKING IS POWER

Halifax author dishing  
out recipes for cheap  
eating (students)

metroNEWS



Krista McLellan's new cookbook was released Monday. ZANE WOODFORD/METRO

## Craft brewery suing for suds

LEGAL ACTION

'Unconstitutional  
tax' worth \$950K  
at heart of lawsuit



Zane  
Woodford  
Metro | Halifax

A Halifax craft brewery is taking legal action over an "unconstitutional tax" charged by the Nova Scotia Liquor Corporation.

Unfiltered Brewing is suing the NSLC over its Retail Sales Mark-up Allocation (RSMA), a 50 cent per litre charge to craft breweries for beer sold in their own stores, private liquor stores and bars. The NSLC said breweries were charged more than \$950,000 last year.

For Unfiltered, the charges amounted to about \$24,000 in the first year of its existence.

"For a small place starting out, it's quite a substantial number," said Unfiltered partner Andrew Murphy on Monday.

If the brewery hadn't had to pay that, Murphy said, he might have been able to pay himself a salary — which he hadn't

done until recently — or the brewery could have expanded its capacity.

"I want the money back, and then I don't want to pay it anymore," Murphy said.

In May, Murphy heard from Richard Norman, a lawyer who told him he doesn't think the charge is legal. Norman will go to court to argue the charge is unconstitutional because the legislature never gave the NSLC the power to charge a tax.

Murphy said he'd been trying to get the NSLC to explain why breweries like his have to pay the RSMA.

"When pressed for whatever information they have, a written policy, they provide essentially a statement saying, 'You have to pay 50 cents a litre,'" he said.

"It's a circular thing. I do not believe they have any justification."

Asked for justification in an interview on Monday, the NSLC declined to elaborate. "That will be part of the conversation as we respond to the application, but while the matter is before the court, we wouldn't be able to provide further comment right now," said spokeswoman Denise Corra.

The case will be in court on Sept. 6 to set a date for a hearing.



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# Karaoke for a cause

## MUSIC

### Museum hosts week of Tragically Hip sing-alongs



**Haley Ryan**  
Metro | Halifax

Haligonians can sing along with The Tragically Hip this week, even if the Canadian band isn't in town.

Starting Monday and running until Friday, the Maritime Museum of the Atlantic in downtown Halifax is hosting Hip Canuck Karaoke every afternoon outside, starting at 12:15 p.m. in the anchor yard beside the boardwalk.

"There's a lot to be said of choir singing and gathering, and improving that positivity of sharing and being part of something," Jenny Nodelman, museum spokeswoman, said Monday.

"As a group, you're stronger as a whole."

Hip frontman Gord Downie announced in May he has terminal brain cancer, and pledged to tour once more across Canada with the final show on Saturday in hometown Kingston, Ont. That show will also be streamed live in the Grand Parade.

Nodelman said she knew the concert would be streamed live on Saturday and wanted to host the singing events to raise awareness for that show,



**Gord Downie and The Tragically Hip performing at the Air Canada Centre in Toronto last week as part of the Hip's Man Machine Poem farewell tour.** MARCUS OLENIUK/TORSTAR NEWS SERVICE

as well as provide a place for people to express what the iconic band has meant to them.

She was especially inspired to create the events after seeing the Hip live at their Edmonton concert on the Man Machine Poem tour, Nodelman said.

There will be about five tunes each day, Nodelman said, with song sheets available for

anyone who wants to join in by singing and dancing.

The Canadian Cancer Society will also be at the museum taking donations for brain cancer research during the karaoke events.

Nodelman said the first 10 people who donate each day will also receive museum passes.

Musicians who feel like dropping by to play as people sing are welcome as well, Nodelman said.

"We thought this would be an outlet for having people be part of something," she said.

"Let the band and let the country know that this is something we're thinking about as well."

## + SOCIAL MEDIA

We asked Metro readers what their favourite Tragically Hip singalong tune was. The responses via Facebook included Boots or Hearts, Fifty-Mission Cap, and Poets.

## POLITICS

### Trudeau to return and we're all invited

Canada's Prime Minister Justin Trudeau will be at Bridgetown's Jubilee Park Tuesday at 10 a.m. to announce the federal/provincial infrastructure program for Nova Scotia.

And the public is invited.

Joining the Prime Minister at the podium will be West Nova MP Colin Fraser, Nova Scotia Premier Stephen McNeil, and Annapolis County Warden Reg Ritchie.

"It's an honour to be hosting the prime minister in Bridgetown tomorrow," said Fraser. "I look forward to seeing many constituents present at Jubilee Park for this historic announcement."

This will be Trudeau's first public visit to West Nova since he was elected, and his third visit to Nova Scotia since he took office. The last time he was in the province was to attend the provincial liberal AGM in Halifax. TC MEDIA



**Justin Trudeau**  
THE CANADIAN PRESS

**metro**

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- 5 Britney Spears ft. G-Eazy **Make Me**
- 4 Kungs vs. Cookin' On 3 Burners **This Girl**
- 3 Classified ft. Elijah **Beautiful Escape**
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## BASKETBALL

## Money-losing team Halifax Hurricanes returning to court



**Kristen Lipscombe**  
Metro | Halifax

The championship-winning, money-losing Halifax Hurricanes will be back on the court for the 2016-17 season.

But they'll be tipping off without their former general manager of basketball operations, Andre Levingston, the National Basketball League of Canada club announced Monday.

"We made the decision to go (forward) about 10 days ago," Hurricanes board chairman Don Mills said Monday.

Mills also confirmed the new franchise, which replaced the Halifax Rainmen, lost money in its inaugural 2015-16 season, as anticipated, although he wouldn't say how much.

"We accomplished that," he said with a chuckle. "In fact, we over-achieved on that."

The franchise's plan to improve its finances for its second season includes "a smaller number of people working for the team, and a little bit more organization in terms of the roles

for those people."

One of those staff reductions includes Levingston, who founded and funded the Rainmen from its first season in 2007-08, until it folded due to bankruptcy following a controversial 2014-15 season.

That led to about 25 business investors, including Mills, stepping up to help support the club's reincarnation as the Hurricanes. Levingston stayed on as general manager and an investor.

"We were the only team in the league that had a separate position for GM of basketball operations," Mills said. "Every other team had a combined coach and GM position and it was clear to us that we couldn't afford ... that luxury."

Mills and Levingston agreed the parting was amicable.

"I've got an unbelievable offer to go overseas," Levingston said Monday, adding details on his new position are still being finalized. "I got an offer to be a part of one of the top clubs in the world."

Levingston also helped start up the league itself with former



**Halifax Hurricanes last June.**  
JEFF HARPER/METRO

Saint John Mill Rats president and general manager Ian McCarthy in 2011. Mills said contracting with The Chronicle Herald "to provide administrative support" for the upcoming season will "save us quite a bit of money."

"That's fundamentally the big change, and I think it's going to make a big difference in terms of a little bit more (of a) streamlined operation," Mills said.

The franchise also has plans for new sponsorship and season ticket sales, Mills said, adding game tickets will cost the same or less per seat this coming season.

## NEW GLASGOW

## Internet services company to hire for hundreds of new jobs

A growing internet service company will be setting up shop in New Glasgow.

Web.com representatives announced Monday in New Glasgow council chambers that they will be opening a branch

of their business in the town.

Initially, the company is targeting 100 new jobs in this centre by the end of the year, with the goal of growing to 330 employees over the next three years.

These employees will service Web.com customers. Web.com currently employs over 400 full-time positions in their Yarmouth and Halifax facilities.

Its head office is in Jacksonville, Florida. TC MEDIA

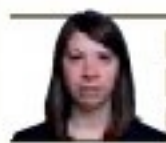


**Holly Winchester, owner of Dean's Flowers, will be opening up a new art gallery and community space in the store.** HALEY RYAN/METRO

## Local flower shop grows new gallery

## COMMUNITY

### Twelve artists already on the roster at Dean's Flowers



**Haley Ryan**  
Metro | Halifax

The latest burst of colour at Dean's Flowers won't come in a pot.

A new art gallery and community space are opening Wednesday in the 97-year-old florist shop on Stanley Street in Halifax's north end, in what was once unused office space.

"We had to come up with a great idea to make use of it better, and I love art," owner Holly Winchester said Monday.

"It just seems like a perfect add-on."

Winchester said the idea came to her about a year ago when she looked around at the three or so desks that were never being used in the 450-square foot space.

After putting together a jury to select artist submissions from 30 applicants, Winchester said she was happy to book the first year of the gallery already with 12 artists on a rotating cycle of five weeks each.

Local artist Veronique MacKenzie kicks off the gallery with her acrylic works on Wednesday, and Winchester said there's a launch party planned at 6 p.m. with wine and cheese that night to showcase the art and new space.

Visitors to the new gallery will walk through the flowers and ferns lining the shop, past the counter, to peek in at the white-walled gallery space with lots of natural light.

Winchester said the historic Dean's store, which opened in 1919, still gets customers dropping in that remember "dressing up" to go to the shop with their parents, back in a time when visiting the florist would have been quite the occasion.

The gallery also fills a niche for a neighbourhood with little art presentation space, Winchester said, and those living in the Hydrostone area will now be able

to check out more textiles, photography and paintings throughout the year.

Winchester said she hopes the space won't just serve as a gallery, but also provide a place to host events or activities, since Dean's can supply chairs and tables.

"I know that it's really difficult in town to find space that's affordable for organizations that usually don't have a lot of money to pay for a place to have an event," she said.



**It seems to be welcomed quite enthusiastically.**

Holly Winchester

The gallery space doesn't have a name quite yet, but Winchester said they've been taking public submissions and will announce the name at the grand opening Wednesday.

"I just want it to be a space that people are able to use and enjoy. It's really about creating community," Winchester said.

## NOVA SCOTIA

## Forest fires now contained, travel ban partially lifted

Nova Scotia has lifted some restrictions on travel and activities in wooded areas after weekend rain that reduced the risk of wildfires.

The province has announced the travel ban has been lifted in Cape Breton, but remains in place for the mainland until further notice.

Natural Resources Minister Lloyd Hines says in a release that firefighters battling several major blazes across the province have made significant progress, and there are fewer new fires starting.

The release says that the four largest fires, including one in Seven Mile Lake near

Kejimikujik National Park, are 100 per cent contained and crews continue to work on putting the flames out completely.

Parks Canada has also removed travel restrictions in the Cape Breton Highlands National Park.

THE CANADIAN PRESS



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Schedule subject to change.



# Students get good taste of real world

ENTERPRISE

## New cookbook gives them fun and affordable global recipes



**Yvette d'Entremont**  
Metro | Halifax

Takeout-inspired sesame chicken. Creamy macaroni and cheese with butternut squash. Sriracha pulled pork tacos with pineapple salsa.

Not your typical student fare and a big step up from hot-dogs and packaged noodles, but those are among the cheap, easy and nutritious recipes on offer in a new book released Monday by Halifax dietitian Krista McLellan.

With the appetizing

title *World Food For Student Cooks*, it dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern.

McLellan said the recipes in her first book are flavourful, fun to make, and use everyday kitchen staples and readily available ingredients.

"Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing," McLellan said in an interview Monday.

"And you save some money. There are a lot of other places for money to go when you're a student."

The book was inspired by McLellan's personal experiences as a student living in some of

Canada's most multicultural cities, including Toronto and

Ottawa.

"Canada is definitely a melting pot of different cuisines, and younger generations really appreciate that," she said.

"Also, eating out all the time is really expensive and also does not give a lot of control in terms of the healthfulness factor."

McLellan believes home cooking is making a comeback and she wants to help grow that trend with a younger generation.

"Being able to develop some healthy habits as they foray into their new life as an independent adult who doesn't rely on mom and dad for their food is probably a really good thing," she said.

"There is a good mix, from things that can be made ahead of time, batch cooked and kind of pulled out of the freezer at exam time, to things that can be thrown together in a couple of minutes."

The more than 170 recipes featured in her book include snacks, appetizers, breakfast, desserts and main dishes.

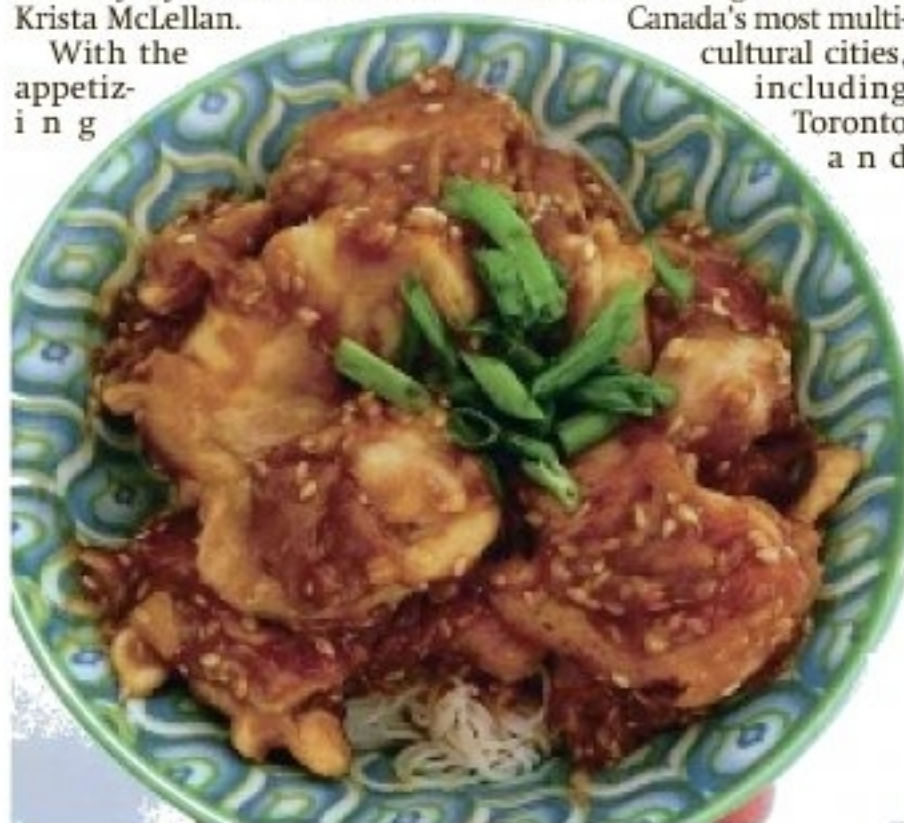
'World Food For Student Cooks' retails for \$16.95 and is available now at campus bookstores, Chapters-Indigo locations and independent bookstores across Canada.

**Right:** Halifax dietitian Krista McLellan has created a cookbook for students featuring flavours of the world.

ZANE WOODFORD/METRO

**Left:** One of the dishes in the book, Simple Sesame Chicken.

HANDOUT



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## NOVA CENTRE DEVELOPMENT

### Design rejig on agenda



**Zane Woodford**  
Metro | Halifax

The municipality's Design Review Committee will have final say this week on some last-minute changes to the design of the Nova Centre.

Nova Centre developer Joe Ramia asked for the amendments to his substantive site plan for the project in March, and made a presentation to the committee in April, to a lukewarm reception.

The changes include the addition of brick on what will be the hotel tower of the building, louvers on the Market Street side to allow for better ventilation, the addition of some mechanical equipment on the roof, and bigger bay doors along Market Street.

In a report before the committee on Thursday, municipal planning staff recommend approving the changes with two conditions: that the bay doors on Market Street "be comprised of translucent materials and canopies be provided above the said doors," and that square windows shown in the original design of the hotel tower be included.

Ramia did not respond to a request for comment on Monday, but in March, he called the changes minor, and downplayed their importance in this late stage of development.

"It happens on every building," he said.

At a media tour in May, Ramia told Metro he was confident the Nova Centre would be completed by the end of February 2017.

## CONTROVERSY

### Law society backs down

The Nova Scotia Barrister Society won't take its fight against accreditation for graduates of Trinity Western University law school to the Supreme Court of Canada.

Last month, the Nova Scotia Court of Appeal upheld a decision allowing graduates of the Christian university law school to practise in the province.

The British Columbia school is under scrutiny for a code of conduct which forbids sexual intimacy outside heterosexual marriage.

The Nova Scotia Barristers' Society amended its regulations to say that code represented discrimination against gays and lesbians. A Nova Scotia Supreme Court judge later ruled the society had exceeded its jurisdiction, a decision upheld in appeal last month. THE CANADIAN PRESS



## Liberals not helped by ranked ballots

If Justin Trudeau gets his way on electoral reform, will the Liberals "steal" every federal election in perpetuity?

As hearings on a new voting regime resume next Monday, the Conservatives contend that's what would be in store if Canada adopts a system of ranked ballots, which the prime minister has in the past touted as his preference for replacing the first-past-the-post (FPTP) voting system.

Pollsters, pundits and proponents of proportional representation are only slightly less apocalyptic, predicting that a ranked ballot system — also known as preferential ballot or alternative vote (AV) — would certainly give the Liberals an unfair advantage.

Hogwash, say political scientists who specialize in the study of voting systems.

"Would the Liberals automatically benefit? No," says Wilfrid Laurier University's Brian Tanguay.

Under AV, voters mark their first, second and subsequent choices. If no candidate wins more than 50 per cent of the vote, the contender with the fewest votes is dropped from the ballot and his or her supporters' second choices are counted. That continues until one candidate emerges with a majority.

Had that system been in place in last fall's election, polls have suggested Trudeau's Liberals would have won an even bigger "false majority" since they were the most popular second choice among supporters of other parties.

But those analyses superimpose second choice preferences onto voting behaviour driven by FPTP — which compelled plenty of NDP and Green supporters to back the Liberals to defeat the Conservatives, rather than risk "wasting" their votes on the smaller parties.

THE CANADIAN PRESS

### IN BRIEF

#### Steps against terror

Public Safety Minister Ralph Goodale was in Montreal Monday where he talked about a program designed to reach out to those vulnerable to radicalization.

THE CANADIAN PRESS

#### Provinces wait for funds

The federal government has yet to sign infrastructure funding agreements with five provinces and two territories — agreements that are a key step before any federal cash can flow to projects across the country.

THE CANADIAN PRESS



## Comedian turns tables on Trudeau

The prime minister's visit to Atlantic Canada has already included one shirtless selfie — but this time, Justin Trudeau is the photobombee rather than photobomber.

Comedian and Newfoundland native Mark Critch pounced on the opportunity to turn the tables on Trudeau during a walkabout on Signal Hill on Monday.

Critch tweeted a photo of Trudeau grinning at the camera with Critch bare-chested in the background.

"Sorry to accidentally photobomb your @CityofStJohns pic @JustinTrudeau," wrote Critch in the tweet, which had been retweeted 1,000 times by early Monday afternoon.

An amused Seamus O'Regan, the MP for St. John's South-Mount Pearl, flanks the prime minister with one hand over his mouth, presumably stifling giggles.

Trudeau made headlines recently with two shirtless photos, the latest while taking a break from surfing and photobombing a couple getting married on a Tofino, B.C., beach. THE CANADIAN PRESS

# Hunter kills Alberta bear with GoPro-equipped spear

### ANIMAL WELFARE

## Video prompts province to review hunting regulations

An American big-game hunter has posted a video of himself killing a black bear in Alberta with a GoPro-equipped spear, drawing criticism on social media and prompting the provincial government to introduce a ban on the use of spears.

Ohio hunter Josh Bowmar,

a fitness trainer, posted the video to his YouTube channel on June 5.

Bowmar says the hunt took place during a trip he and his partner Sarah took to Alberta in mid-May.

In the video, a black bear can be seen circling then approaching the baited area where Bowmar stands before he hits it with the spear from just metres away.

"The type of archaic hunting seen in the recently posted video of a hunter spearing a black bear, allegedly in Alberta, is unacceptable," said a state-

ment emailed by Alberta's Ministry of Environment and Parks Monday evening. "Work is well underway to update Alberta's hunting regulations. We will introduce a ban on spear hunting this fall."

In the meantime, the statement said, the ministry has asked Fish and Wildlife officers to investigate the video and "determine if charges are warranted under existing laws."

Facebook posts and comments on the YouTube video described the footage as "barbaric," but Bowmar says he believes it was an ethical kill.



Josh Bowmar killing a black bear in Alberta. YOUTUBE.COM

"First and foremost, spear hunting gives the animal the greatest chance of escape," Bowmar said in an emailed state-

ment to Torstar News Service on Monday. "Trust me, no one cares more about these animals than us hunters, especially me," he said, adding he'd trained to spear hunt for months beforehand.

Bowmar's comments on video were more exultant.

"He's going down; I drilled him perfect," he said to the tune of dramatic background music.

Roland Lines, the Alberta SPCA's communications manager, called it "disturbing."

He added the SPCA would be reviewing it to ensure it was an ethical hunt. TORSTAR NEWS SERVICE

### BANGLADESH ATTACK

## Photos show Khan with gun at scene, but questions remain



Tahmid Khan

CONTRIBUTED/THE CANADIAN PRESS

A University of Toronto student remains in custody in Bangladesh following publication of pictures that allegedly show him holding a gun at the scene of a deadly hostage-taking.

However, questions remain unanswered about the context of photos that appear to show Tahmid Hasib Khan on the rooftop of the Holey Artisan Bakery during the July 1 attack that killed 20 hostages.

The New York Times and

Guernica magazine have published reports quoting hostages as saying that Khan, 22, was also a hostage, and that he was photographed after being ordered to hold an unloaded pistol.

In a report that included the images, Dhaka Tribune acknowledged that "by themselves, the photos present no hard evidence that links ... Tahmid directly to the attackers."

The Tribune also said it could

not independently verify the source of the images.

Khan has been arrested but not charged for the attack, in which five armed gunmen were killed and 13 other hostages freed after an 11-hour siege.

On Saturday, a judge granted police a six-day extension to keep Khan in custody as they probe the attack that was claimed by Daesh.

The University of Toronto has written to the Bangladeshi High

Commission in Ottawa, expressing concern for the safety and fair treatment of Khan, U of T spokesperson Althea Blackburn-Evans said on Monday.

Khan is described by the university as a student in good standing who's active in extra-curricular activities, including sports and music. Khan's family has repeatedly said that he's innocent and friends have set up a Free Tahmid Facebook page.

TORSTAR NEWS SERVICE



## U.S. ELECTION

## Trump's new plan for vetting immigrants

Donald Trump called Monday for "extreme" ideological vetting of immigrants seeking admission to the United States, vowing to significantly overhaul the country's screening process and block those who sympathize with extremist groups or don't embrace American values.

"Those who do not believe in our Constitution, or who support bigotry and hatred, will not be admitted for immigration into our country," Trump said in a foreign policy address in Youngstown, Ohio.



Donald Trump smiles to applause. THE ASSOCIATED PRESS

Trump's proposals were the latest version of a policy that began with his unprecedented call to temporarily bar foreign Muslims from entering the country — a religious test that was criticized across party lines as un-American.

The Republican nominee has made stricter immigration measures a central part of his proposals for defeating Daesh.

Trump's address comes during a trying stretch for his presidential campaign. He's struggled to stay on message and build a consistent case against Democrat Hillary Clinton, repeatedly roiling the White House race with provocative comments that have deeply frustrated many in his own party. THE ASSOCIATED PRESS

# New Daesh recruits lack knowledge of religion

## TERRORISM

## Extremist group preys on ignorance of new members

The jihadi employment form asked the recruits, on a scale of 1 to 3, to rate their knowledge of Islam. And the Islamic State applicants, herded into a hangar somewhere at the Syria-Turkey border, turned out to be overwhelmingly ignorant.

The extremist group could hardly have hoped for better.

At the height of Daesh's drive for foot soldiers in 2013 and 2014, typical recruits included the group of Frenchmen who went bar-hopping with their recruiter, the recent European convert who now describes himself as gay, and two Britons who ordered "The Qur'an for Dummies" and "Islam for Dummies" from Amazon to prepare for jihad abroad.

Their intake process complete, they were grouped in safe houses as a stream of Daesh imams came in to indoctrinate them, according to court testimony and interviews by The Associated Press.

"I realized that I was in the wrong place when they began to ask me questions on these forms like 'when you die, who should we call?'" said the 32-year-old European recruit, speaking to the AP on condition of anonymity. He said he thought he was joining a group to fight President Bashar Assad and help Syrians,



Civilians flee villages outside Mosul the day after Iraqi Kurdish forces launch an operation east of the Daesh-held city in Iraq on Monday. THE ASSOCIATED PRESS

not Daesh. The European, whose boyish demeanour makes him appear far younger than his age, went to Syria in 2014. He said new recruits were shown Daesh propaganda videos on Islam, and the visiting imams repeatedly praised martyrdom.

An analysis of leaked Daesh documents reveals most of its recruits from its earliest days came with only the most basic knowledge of Islam. A little more than 3,000 of these documents included the recruits' knowledge of Shariah, the system that interprets into law verses from the Qur'an.

According to the documents, which were acquired by the Syr-

ian opposition site Zaman al-Wasl and shared with the AP, 70 per cent of recruits were listed as having just "basic" knowledge of Shariah — the lowest possible choice. Around 24 per cent were categorized as having an "intermediate" knowledge, with just five per cent considered advanced students of Islam. Five recruits were listed as having memorized the Qur'an.

The findings address one of the most troubling questions about Daesh recruitment in the United States and Europe: Are disaffected people who understand Shariah more prone to radicalization? Or are those with little knowledge of Islam more

susceptible to the group's radical ideas that promote violence?

The documents suggest the latter. The group preys on this religious ignorance, allowing extremists to impose a brand of Islam constructed to suit its goal of maximum territorial expansion and carnage.

The AP analyzed the Daesh entry form documents of around 4,030 foreign recruits who crossed into Syria when the group was rapidly expanding and seizing territory in Iraq and Syria in 2013 and 2014. At that time, the CIA estimated the extremist group had between 20,000 and 31,500 fighters across Iraq and Syria.

Among the documents were forms for nine of 10 young men from the eastern French city of Strasbourg, all recruited by a man named Mourad Fares. One of them, Karim Mohammad-Aggad, described barhopping in Germany with Fares. He told investigators that Daesh recruiters used "smooth talk" to persuade him.

He'd travelled with his younger brother and friends to Syria in late 2013. Mohammad-Aggad's brother, 23-year-old Foued, returned to Paris and was one of the three men who stormed the Bataclan in a night of attacks on Nov. 13 that killed 130 people.

"My religious beliefs had nothing to do with my departure," Karim Mohammad-Aggad told the court, before being sentenced. "Islam was used to trap me like a wolf."

Daesh data shows Karim and his brother Foued were among eight in the Strasbourg group listed as having "basic" knowledge of Shariah. When pressed by the judge on his knowledge of Shariah and how the Daesh group implements it, Mohammad-Aggad appeared dumbfounded, saying repeatedly: "I don't have the knowledge to answer the question."

That's where Amazon comes in. The trial of longtime friends Mohammed Ahmed and Yusuf Sarwar, from the British city of Birmingham, revealed they had ordered "The Qur'an for Dummies" and "Islam for Dummies" books in preparation for their trip to join extremists in Syria.

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## YEMEN

## 11 people killed in hospital airstrike

An airstrike hit a hospital supported by Doctors Without Borders in northern Yemen on Monday, the international humanitarian group said, killing at least 11 people and wounding at least 19 others.

The group, known by the French acronym MSF, said the strike hit the hospital near the Houthi rebel stronghold of Saada, where teams were still attending to the wounded.

The airstrike on Abs Hospital, in Yemen's Hajjah governorate, occurred around 3:45 p.m. Monday, MSF said in a news release. The aid group said nine people, including an MSF staff member, were killed immediately. Two more patients died while being trans-

ferred to another hospital, and five patients remain hospitalized.

MSF said the hospital, which the group had been supporting since July 2015, was partially destroyed, and all the remaining patients and staff have been evacuated.

THE ASSOCIATED PRESS

## IN BRIEF

### Syrian troops repel rebels

Syrian troops repelled a rebel advance near Aleppo on Monday, forcing opposition forces to retreat from positions they seized a day earlier as heavy fighting continued in the country's largest city.

Russian Defence Minister Sergei Shoigu meanwhile said Moscow and Washington, which back opposite sides in the civil war, are edging closer to an agreement to defuse the fighting in the contested city.

Russia has been launching airstrikes in support of President Bashar Assad's forces for nearly a year, and Syrian and Russian warplanes have recently stepped up their raids.

THE ASSOCIATED PRESS



SHOPPING

## Back-to-school sales to grow, experts say

Retail experts are forecasting an increase in Canadian back-to-school spending this summer thanks in part to the low loonie and the new Canada Child Benefit.

Business consulting firm EY, formerly Ernst and Young, predicts that retailers will see a 4.5 per cent increase this year over 2015 sales as students stock up for another year in the classroom.

EY's forecast is based on factors that include province-by-province employment numbers, housing markets and consumer spending habits over the past 12 to 18 months, said EY's Daniel Baer in a recent interview.

Back to school is the second-biggest shopping season after Christmas, Baer said.

"What we've been seeing is stronger retail sales for a few reasons," said Baer. "The Canadian economy has been relatively strong (and) there's been some more government spending in terms of child-care benefits ... putting money into the hands of families."

This year, Prime Minister Justin Trudeau replaced existing child-care benefits with a program that will see the aver-

age family get \$2,300 per year. The new Canada Child Benefit is expected to push tens of thousands of Canadian children above the poverty line, and could help stimulate the economy.

The weak loonie has also encouraged more Canadians to shop on this side of the border instead of going to the U.S. to stock up on supplies or buying from American online retailers, Baer said. And a number of Americans are travelling north to shop in order to take advantage of the exchange rate.

EY doesn't expect all provinces to reap the rewards of increased back-to-school spending. The struggling oil-and-gas industry and rising unemployment in the Prairies point to lower spending, especially in Alberta.

But Alan Middleton, a marketing professor at York University's Schulich School of Business, said back-to-school spending is relatively immune to a weak economy. "They may not get the top-of-the-line laptop ... but there's still going to be a whole bunch of other stuff they're (buying)," he said.

THE CANADIAN PRESS

**4.5%**

Increase in sales that school supplies retailers will see this year compared to 2015, says business consulting firm EY.

# More families turn to visiting au pairs

DAY CARE

## Rise pegged to changes in caregiver program

Calgary mom Paige Shaw found herself in a bind when her nanny decided to return to Toronto last year.

So she turned to the Internet to find their next caregiver and joined a growing number of Canadians seeking new ways to manage what can be frustratingly hard-to-find child care — by hiring an au pair.

The 38-year-old says she had never heard of the concept before last year, but after finding Kimberley Spence, a 19-year-old from Perth, Australia, she says it is "hands down" the best arrangement for her family.

The phenomenon of hiring a young traveller on a holiday working visa instead of a traditional live-in nanny is definitely on the rise, says Manuela Gruber Hersch of the Vancouver-based International Nannies and Homecare.

"We started about four years ago with a few, and then basically the placements after that doubled," says Gruber Hersch, also president of the Association of Caregiver and Nanny Agencies Canada.

"And then it grew again last year and it will grow again next year as well."

She pegs the rise to changes two years ago to the federal government's foreign caregiver program that made it "risky, very expensive and cumbersome" to secure a full-time nanny from overseas.

One of the reasons au pairs



Paige Shaw, top left, and her family Chase, Finn, and Dana Shaw with their Australian au pair Kimberley Spence, bottom, in Calgary. LARRY MACDOUGAL/THE CANADIAN PRESS

are lesser known in Canada is that many are hired under the table, says Gruber Hersch. Cost is a big issue, since parents must adhere to minimum wage rules and make deductions for Employment Insurance, Canada Pension Plan and income tax. In the end, the cost can

be comparable to a daycare or nanny.

While a nanny generally has specialized training and experience working with children, au pairs are typically young women with only a casual babysitting background, which might not be suitable

for younger kids.

Au pairs primarily help look after children, but they can also be relied on to ferry them to appointments and help parents with light household chores — added duties that can vary depending on the nanny.

THE CANADIAN PRESS

IN BRIEF

**Home sales slowing**

The Canadian Real Estate Association says July marked the third consecutive month of fewer home sales. The number of transactions fell 1.3 per cent nationally between June and July, as more than half the markets showed declines in July. THE CANADIAN PRESS

market minute

	<b>DOLLAR</b> 77.42¢ (+0.27¢)
	<b>TSX</b> 14,777.02 (+29.57)
	<b>OIL</b> \$45.74 US (+\$1.25)
	<b>GOLD</b> \$1,347.50 US (+\$4.30)

**NATURAL GAS:** \$2.59 US (no change)  
**DOW JONES:** 18,636.05 (+59.58)

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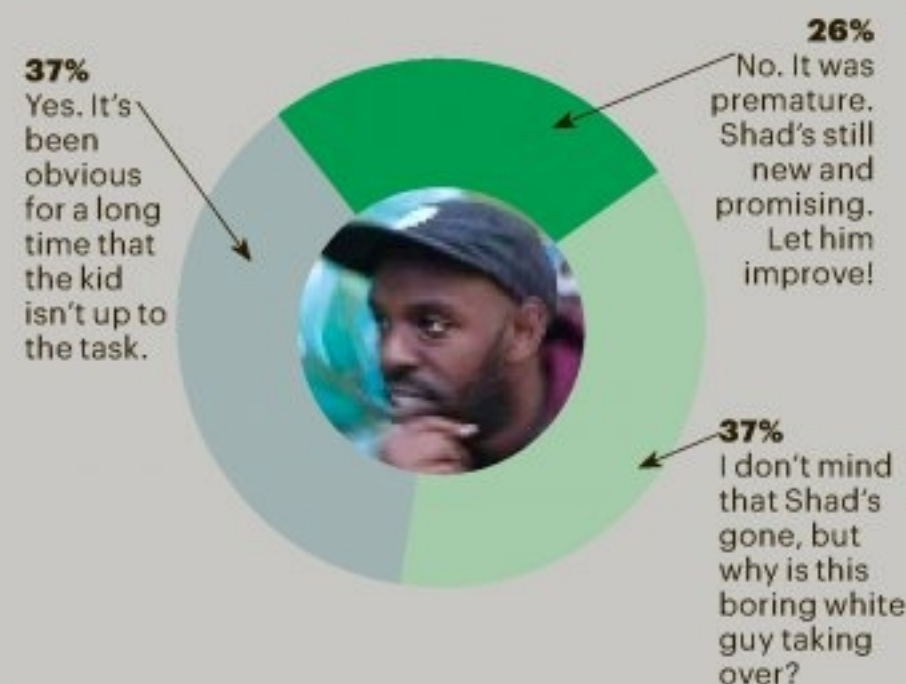


## METRO POLL

### O, Shad, we hardly knew ye

The CBC announced Monday that Shad will no longer be the host of Q, the public broadcaster's daily arts-and-culture radio show. He'll be replaced by longtime backup host Tom Power. Under Shad, the show was unable to recover from the Jian Ghomeshi sexual-assault scandal: Ratings have steadily plummeted since Ghomeshi was removed in the fall of 2014. We asked readers for their take on the move.

#### 1 Is replacing Shad the right move for Q?



#### WE ASKED Metro readers

Shad is a low-key host but projects warmth and to his subjects. He might need coaching on interviewing, but I like him a LOT better than Power, who is way too 'chirpy' and sounds like someone who hawks vitamins for a living.

I was enjoying Shad's work. Letting him come into his own and build something outside Ghomeshi should have started with a new name.

He never left script and let golden opportunities pass.

He just did not develop the interview skill necessary for the format of Q. Always sounded like he was reading someone else's list of questions.

NO MORE BORING WHITE DUDES IN MEDIA PLZ

I'd like to see a woman in there, given the reason JG is gone. I do like Tom Power though...

He isn't the worst thing on the CBC. There are many other 'personalities' that are wanting.

visit [metronews.ca](http://metronews.ca)  
HAVE YOUR SAY

### Is Canada's team doing as well as it should in Rio?



Richard Florida

In many ways the Rio Summer Games is shaping up to be a banner Olympics for Canada. Swimmer Penny Oleksiak has hauled in four medals including gold in the women's 100-metre free-style swim. Sprinter Andre De Grasse took the bronze in the men's 100-metre run. With 13 medals and 11th place among nations as of Monday morning, it's easy to heap praise on Canada's performance.

But simple medal counts often fail to provide a meaningful indication of a country's relative performance.

With the help of Charlotta Mellander and Patrick Adler, my colleagues at the University of Toronto Martin Prosperity Institute, I ranked each nation's overall medal performance by their population, size of their economy and the number of athletes on their Olympic teams.

Sadly, when we look at the number of medals based on size of population, Canada falls further down the list. We rank 26th with 3.6 medals per 10 million people. Tiny Grenada takes the top spot on this metric. Its one medal is equivalent to 93.6 medals per 10 million people. New Zealand is second with 17.4, followed by Slovenia with 14.5, Denmark with 12.3, and Hungary with 12.2. Large countries generally speaking do worse on this metric. The U.S. falls from first in total medal count to 36th (with 2.15 medals), Russia goes from fourth to 38th, and China falls from third to 60th.

Canada does even worse when we look at medals based on the size of the economy. Canada ranks 42nd with less

than one medal (0.8 medals) per \$100 billion of economic output or GDP. Again, Grenada tops the list: its one medal translates to more than 100 medals (per \$100 billion GDP). Fiji is next with 22.8, followed by Jamaica (21.4) and Mongolia (17.1). By this metric, the United States is 54th, Russia 26th and China 53rd.

Perhaps the most useful way to measure success is to look at how many medals nations bring home based on the size of their Olympic teams. This metric makes the size of a country a more neutral factor in comparing results.

On this list, too, Canada doesn't fare particularly well, placing 37th: just 0.4 medals per 10 Olympians. Small countries take the top three spots. North Korea places first with 1.93 medals per 10 team members; Grenada is second with 1.43; and Kosovo third with 1.25. But Canada's rank on this metric is much more daunting, because many big countries with large teams tend to do well on it: The U.S. rises to fourth place with 1.22. China is fifth with 1.12 and Russia sixth with 1.06.

Of course, in a country famous for hockey and branded "We the North" the Summer Games may be something of an afterthought. But Canada has many advantages: it is a big country with a big team, not to mention that its openness to immigration gives it an edge in attracting talent from around the world. There is much to be proud of in the individual successes of athletes like Oleksiak and De Grasse. But, at a broader national level, it's time for Canada to up its summer game.

**Richard Florida** is director of cities at the Martin Prosperity Institute in the University of Toronto's Rotman School of Management.

## Nothing's cloudier than premier's clarity on ferry

### HALIFAX MATTERS

Stephen Kimber



"Let me be clear," Stephen McNeil said clearly last August even after Nova Star's cash-sucking Yarmouth-Portland ferry had taken on sinking-level financial water.

"As premier I'm committed to that link to the New England states ... to a ferry service from Yarmouth."

Our question today: As Nova Star's replacement — Bay Ferries high-

speed Cat — sails through the same passenger-challenged, money-losing storm en route to the same subsidized disaster, should the premier still be unconditionally committed to it?

Geoff MacLellan, McNeil's minister of transportation, last week insisted Bay Ferries' situation is improving.

Perhaps. During the first week of August — midway through its short season — the Cat carried an average of 488 passengers a day. That's considerably more than its first week average of 181. If there were eight days in a week, the ferry would have actually met its own low-ball weekly targets for the first time this season.

Alas, the best-faint-hope scenario now is the ferry will carry 40,000 of the 60,000 passengers it had originally conservative-

ly projected. To put it in perspective, that's 10,000 fewer passengers than the previous, fired operator carried last year.

And that was fewer than half the 130,000-135,000 passengers a 2012 experts panel agreed would be necessary for the service to be "commercially viable."

Which leaves us... holding the open purse.

In March, a let-me-be-clear, desperate-for-any-service McNeil government signed an open-ended 10-year deal with Bay Ferries that not only includes \$33 million in startup expenses and subsidies this year and next, plus still-undisclosed management fees, but also commits us to cover the company's no-cap cash losses going forward.

Although it's fair to make the point the company got a late marketing start this season, it is per-

haps even more telling the service is faring so badly during a summer when both the Canadian dollar and gas prices are low.

The flip for us taxpayers, of course, is we're on the hook for even more subsidies because we'll be paying — one assumes — in U.S. dollars to lease the American-owned vessel (\$4.5 million per year) and pay its American crew.

How much has the sleep-over ferry really benefited its home port of Yarmouth? Southwestern Nova Scotia?

Does it come close to what we're spending? It's time for the premier to be clear.

**Stephen Kimber** is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Tuesday.

**If there were eight days in a week, the ferry would have actually met its own low-ball weekly targets.**

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## REVIVING FITNESS FADS THROUGH MUSIC

A few years ago Zumba was the 'it' fitness fad. But these days many people would be embarrassed to admit they ever went to the dance-cardio classes. Now, the brand has hired music producer Timbaland in a bid to give Zumba a second 15 minutes of fame. Here are five other former fitness fads that could use the help of a hip producer to get back into fighting shape. **MELISSA DUNNE/METRO**



### 1 Runnin' thru The 6 with my quads

If you watched TV in the early '90s there was no escaping Suzanne Somers encouraging viewers to "squeeze, squeeze your way to shapely hips and thighs" with the ThighMaster. Toronto-born producer **Noah "40" Shebib** could give a new generation a new view on the toning device. Perhaps he could get his swole bestie **Drake** to work his thighs whilst a moody, atmospheric tune plays in the background for a millennial version of this classic infomercial?

ISTOCK



### 2 Can't stop the sliding

Yep, exercise involving a stripper pole and lap dances was a real thing in the '00s, with devotees that included Carmen Electra, Teri Hatcher and Kate Hudson. One assumes current strippercise classes are about as depressing as a strip club on Christmas Day. This erotic form of exercise could use the magic touch of **Max Martin**, who just produced Justin Timberlake's first hit in years. If anyone can revive things that were hot about a decade ago, it's Martin.



### 3 Making step class supa dupa fly

In the '80s Jane Fonda made wearing a bright leotard and legwarmers while stepping on a plastic box the thing to do. If anyone can make step aerobics supa dupa fly again it would be Timbaland's long-time pal and collaborator **Missy Elliott**. She just inspired U.S. First Lady Michelle Obama to sing 'Get Ur Freak On' on television, so the hottest 'round seems up for the challenge of getting people to step up to step class in 2016.



### 4 If you feel like pilates is the truth

Gwyneth Paltrow has been partially responsible for popularizing many fitness fads over the past decade, including Pilates. New York Magazine recently declared this gruelling and repetitive exercise routine about as dead as Paltrow's acting career. If super-producer **Pharrell Williams** can make wearing a Moutie hat a thing, he can definitely make doing tiny circles with your legs over and over and over again a thing again.

### 5 Piloxing's chance for hybrid cool

Back in the halcyon days of 2013 The Daily Mail was asking if Piloxing was the new Zumba. Yes, yes it was, friends. Alas, while the "hot fitness trend" combined Pilates and boxing and had a creative portmanteau it was definitely not hot a mere three years later. Canadian wunderkind **Ebony Naomi Oshunrinde, a.k.a. WondaGurl**, is only 19, and has already worked with the king of rap, Jay Z. Piloxing needs a young, fresh image and this rising star from Brampton, Ont., could get the hybrid exercise back in the ring.



INSTAGRAM/ WONDAGURL

## RADIO

## Shad steps down as host of Q

Shadrach Kabango a.k.a. Shad, is stepping down as host of the CBC Radio show Q, the broadcaster announced Monday. His last day as host will be Tuesday, CBC said in a statement that also named his replacement as Tom Power. Kabango will be pursuing "new creative opportunities" with the CBC said Susan Marjetti, executive director of CBC Radio English Services.

"We are refocusing and re-investing in Q to ensure it continues to evolve and deliver what

our audience wants from CBC Radio's flagship music, arts and cultural program," Marjetti said. "Tom is a great fit for Q. We look forward to exploring a new show with Shad that plays to his strengths and passion for music. Shad remains part of our CBC family."

Kabango was hired as the permanent host of Q in April 2015 following a search to replace the show's previous host, Jian Ghomeshi. But critics thought his delivery and interview-skills

were lukewarm, and the show's ratings were lackluster.

"Well, my time at q has come to a close," said Kabango in a statement. "It's been an honour and a JOY to serve in this role! . . . My relationship with the CBC remains strong."

Kabango says he will also be returning to music. Before joining Q, he was a rapper most famous for beating out Drake to win Rap Recording of the Year at the Junos in 2011 for his album TSOL.

TORSTAR NEWS SERVICE

## GET TO KNOW THE REPLACEMENT

Here are some quick facts about Tom Power:

- He's a folkie at heart, having started his career in folk college radio.
- He joined the CBC in 2008 at the age of 21 as host of Deep Roots, becoming the youngest host of a national CBC Radio program since Peter Jennings.
- In 2011, he became the

permanent host of Radio 2 Morning, so he's spending the final years of his 20s waking up very early.

■ He hails from St. John's and lives in Toronto.

■ He's frontman for the Dardanelles who trade in lively traditional music.

■ He apparently loves bluegrass, fishcakes and bad jokes. TORSTAR NEWS SERVICE



COURTESY CBC/DUSTIN RABIN



## RETAIL

## Lululemon having a zen moment

After two tough years, Lululemon Athletica is enjoying a rebound in sales and CEO Laurent Potdevin is optimistic that the company known for yoga wear can keep the momentum going.

Potdevin has set ambitious goals: to double sales to \$4 billion by 2020, push innovation in products like swimwear and menswear, add more stores in North America and catch up in e-commerce.

The company is going back to taking risks following a major product hitch in 2013 that cost the company millions and sent the stock tumbling. Lululemon recalled thousands of its stretchy black yoga pants after customer complaints that they were too sheer.

Christine Day, who assumed the helm in 2008, announced she was leaving the company and said it was a personal decision. Then, founder Chip Wilson resigned as chairman after suggesting some women's bodies were not made for Lululemon's clothing.

Potdevin, who took the helm in January 2014, has been rebuilding. The company has relaunched its website. Its clothing is now all electronically tagged,



The Lululemon pant wall.

THE ASSOCIATED PRESS

allowing Lululemon to better track inventory and shoppers to use the app to check whether items are in stock at a particular store. Lululemon also revamped its store wall of yoga pants with new fabrics and organized them by how they feel — relaxed, naked, hugged, held-in and tight.

Potdevin recently spoke about where the company is headed.

**There are lots of companies jumping on the "athleisure" trend. Aren't you worried?**

We are in a very unique position at the intersection of function and fashion. Every piece of product starts with function. If it's not function-

al, we shouldn't do it. And I think that insulates us from other lifestyle apparel brands. When we look at the brand, the people, the product, the global opportunity, the sky is the limit. We have a massive men's business ahead of us. We can grow multiple categories.

**What was your priority when you first came on board?**

My very first focus was on rebuilding guest loyalty. A big piece of that was quality. The company had grown very, very quickly. The investment had lagged behind the growth. And so for the first year I was focusing on building the engine that would allow us to handle the complexity of the business and to scale the business. So we invested heavily in our office in Hong Kong and our quality department.

**How do you view risks now?**

Two and half years ago, as a result of the snafus, there was a bit of a cultural fear ... of not trying new things. And today, we went from playing defence to playing offence, and we are launching new things again.

THE ASSOCIATED PRESS

# Pelvic problems surprise new moms

## OB-GYN ISSUES

## Education, physio can help with postpartum complications

**Genna Buck**  
Metro Canada



When Laura Foster, 27, gave birth to her daughter Kinsley last September, no one warned her about the less dignified aspects of becoming a mother.

"A couple weeks after I had her, I sneezed when I was sitting on the couch feeding her and I peed myself. I was like, 'Oh my goodness.' Of course my husband starts laughing. I'm stuck in this position," Foster said.

Giving birth can do serious damage to the pelvic floor — the supportive muscles and connective tissue surrounding the bladder, lower intestines, and in women, the uterus.

This can result in all sorts of issues, from back pain to organ prolapse to painful sex, but one of the most common and debilitating is urinary incontinence, which affects about a third of new mothers.

According to Marie-Josée Lord, physiotherapist and past chair of the Canadian Physiotherapy Association's women's health division, there's been a surge of awareness about pelvic-floor issues. However, screening and treatment for them "is not part of standard care."

Usually, Lord said, postpartum incontinence can be successfully treated with physiotherapy (and there's some research to back this up). But physio is not covered by provincial health plans. Many women, Lord added, don't seek treatment at all either because they're embarrassed or because they don't know anything can be done.

On the suggestion of her sister-in-law, Foster found a physiotherapist near her home in Belleville, Ont. who offers pelvic physiotherapy.

When she started treatment she had little control of any muscles "from the bellybutton down."

Having physio on her internal vaginal muscles was uncomfortable, but it worked.

"Basically, after you've had a kid you have no shame. I told her just to do it if it's going to help. She sort of put pressure on (the muscle) to release it. It hurts. It's not a very pretty kind of physio, but it works."

After half a dozen appoint-



Laura Foster experienced damage to her pelvic floor after giving birth, but physio successfully treated her issues. CONTRIBUTED

**A lot of the women out there are starting to talk about this, and you realize there is help.**

Mother Laura Foster

ments, her incontinence all but disappeared, and she has been able to go back to work early. "I would have been terrified to go back if I hadn't done this," Foster said.

The extent of the information Foster received from her doctor about pelvic floor health was some pamphlets and encouragement to do kegel exercises.

With only a pamphlet for guidance, around 40 per cent of women do kegels incorrectly, Lord said.

At postpartum visits, busy family doctors and OB/GYNs tend to check on external healing and leave it at that unless women bring up specific issues, Lord said — though that's starting to change.

"I started doing pelvic health 25 years ago. It's a lot better now. There's a lot more awareness among both physicians and women."

"But there's still a long way to go," she said.

She held up France as an example. There, as many as 10 ses-

sions of rééducation périnéale (lady-parts rehab, basically) are automatically prescribed free to every new mother.

Lord didn't suggest Canada should follow suit, but said even one postpartum physio visit to check for any issues and teach the proper way to do pelvic floor exercises would make a huge difference for many women.

Dr. Lynn Stothers, a professor of female urology at the University of British Columbia, said pelvic muscle rehabilitation is effective, and that nurses and doctors can be trained to do it as well as physiotherapists. But, she cautioned, it's not a "cure-all" because incontinence has many causes and can be lifelong.

Foster has been having the conversation with other women that she wishes someone had with her.

"Nobody really tells you this stuff," she said. "I go to playgroups. A lot of the women out there are starting to talk about this, and you realize there is help."

## Sylvie Domestic Medium Hair

Five-year old Sylvie has a well adjusted personality considering we believe she was abandoned by her former guardian. She does not hold back when it comes to tummy rubs and cheek scratching. Since this lovely feline could stand to lose a little weight, she would do best in a home that can offer lots of exercise and a lot of affection. Sylvie would prefer to be the only pet in the home.

**If you think you can offer what Sylvie needs, please visit her today.**



For more information on **Sylvie** and other adoptable furry friends, visit [www.spcans.ca/dartmouthshelter](http://www.spcans.ca/dartmouthshelter) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [dartmouth@spcans.ca](mailto:dartmouth@spcans.ca)

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## Coach preps players for battle

**RIO 2016**

### Canadian soccer team to get pep talk from MMA star

When Canada's women's national soccer team readies for Tuesday's Olympic semifinal (3 p.m., ET, CBC), coach John Herdman will unspool a pre-match message from a Canadian sport-

ing legend.

Georges St. Pierre, the UFC fighter, will offer words of inspiration via video in the moments before the Christine Sinclair-led squad takes on Germany for a berth in Friday's gold-medal game, the coach said. Herdman, an aficionado of the mixed martial arts, arranged the pep talk because he loves the blood sport's lessons of passion and perseverance. He said he's been exposing his team to occasional doses of UFC footage "whether they like it or not."

And the message has been re-



**"We definitely have taken the message away, while maybe not enjoying the face-smashing quite as much as John does."**

Shelina Zadorsky

ceived by the players, albeit while sometimes watching through fingers.

"To be honest, UFC makes me cringe a little, so I look away sometimes. But it's the mindset he's trying to teach us," Canada goalkeeper Stephanie Labbe was

saying Monday. "It's the idea that whoever you're stepping out there against on any given day, you have to have the belief you can beat them. And this team — we have that right now."

Why shouldn't Canada have it? With a flawless 4-0 record

at these Olympics, including a group-stage win over the Germans, they find themselves with two games remaining in a five-ringed journey around Brazil that's been magical to watch. A win Tuesday against Germany means they play for gold in Rio on Friday. A loss, and it's Friday in Sao Paulo for a chance at repeating as bronze medallists.

If Herdman spent part of Monday's news conference trying to position his team, ranked 10th in the world, as rabid underdogs against the No. 2 Germans — framing the opponent as a "jug-

ernaut" and insisting "it's theirs to lose" — the coach allowed that his team's success, after a revamp that layered youth beneath a proven core, isn't exactly unforeseen. (To that end, German coach Silvia Neid insisted Canada "should be the favourite.")

Said Herdman: "Quietly, behind the scenes, we knew what we were capable of. We weren't going to say that publicly. But we knew this team could push. We had a four-year plan in place ... And we're starting to see the fruits of that, for sure."

TORSTAR NEWS SERVICE



### RIO in brief

#### TV camera falls 60 feet, injures seven people

Seven people were injured Monday when an elevated television camera plummeted more than 60 feet to the ground in the Olympic park outside the basketball venue in the latest in a string of mishaps at the Rio Games.

The Olympic Broadcasting Service said two guide cables on its camera snapped, causing it to fall to a lower concourse that feeds into the basketball stadium.

TORSTAR NEWS SERVICE

#### Poor sport sent home

The Egyptian judo athlete who refused to shake his Israeli opponent's hand after losing a first-round heavyweight fight was sent home Monday.

The IOC called Islam El Shehaby's conduct following his loss on Friday to Or Sasson "contrary to the rules of fair play and against the spirit of friendship embodied in the Olympic values."

Sasson went on to beat Cuba's Alex Maxell Garcia Mendoza for the bronze medal. THE ASSOCIATED PRESS

#### Russian long jumper cleared to compete

The lone Russian track and field athlete at the Olympics has won her appeal to compete in Rio.

The Court of Arbitration for Sport ruled early Monday that Darya Klishina is eligible to take part in Tuesday's long jump qualifying because she has been based outside of Russia for the last three years and has been subjected to regular drug testing.

Klishina placed 10th at the 2015 world championship with a jump of 6.65 metres. THE ASSOCIATED PRESS



**1 Bahrainian bounce** — Ruth Jebet captured Bahrain's first-ever gold medal after winning the women's 3,000-metre steeplechase in a time of 8:59.75 on Monday.

SHAUN BOTTERILL/GETTY IMAGES

**2 Coming up short** — Toronto pole vaulter Shawn Barber failed to duplicate his success from the 2015 world championships and Pan Am Games — where he left with golds — as he failed to win a medal.

**3 Lord of the rings** — Eleftherios Petrounias won in men's rings for Greece's second gold medal of the Games.

LARS BARON/GETTY IMAGES

**4 Laying down the hammer** — Poland's Anita Włodarczyk set a new world record of 82.29 en route to winning the women's hammer throw.

ADRIAN DENNIS/AFP/GETTY IMAGES



The Cubs apologized and fired an employee for playing The Prodigy's Smack My B---ch Up when Aroldis Chapman left the mound Sunday



# All about expanding the Herd

Q-LEAGUE

## Mooseheads open up camp with 36 tyros to run rule over



**Kristen Lipscombe**  
Metro | Halifax

From a different head coach at the Herd helm to a regional tournament that will put the spotlight on the Q-league's rising stars, this year's Halifax Mooseheads training camp features some new additions to seasons past.

Halifax's new head coach André Tourigny and fellow team staff welcome the first wave of players to camp Tuesday, for registration and medical assessments at Cole Harbour Place.

The first week of camp will feature 37 of the QMJHL club's younger prospects, so players born between 1998 and 2000, who will play three intrasquad games before heading to Moncton for this weekend's first-ever Hub City Showcase.

The remaining Moose veterans arrive next Monday, when the green and red rosters will be revised accordingly, and just in time for puck-drop on the Herd's pre-season schedule.

"We're just bringing in our younger guys for that tournament, and giving the older guys a little extra time off," Halifax Mooseheads general manager Cam Russell said Monday.

The 2016 Hub City Showcase



**Benoit Groulx, left, went No. 1 to the Mooseheads in this summer's QMJHL draft.** AL TIELEMANS/IOC VIA THE ASSOCIATED PRESS

is being held at the Superior Propane Centre and hosted by the Moncton Wildcats from this Friday through Sunday.

Rosters of up-and-comers from all six Maritime division teams will face off for three games over the course of the weekend, with the championship set for Sunday.

"We're going to practise and play for two days, Wednesday

and Thursday, and then head to Moncton," Russell said.

"It just gives them more exposure, more experience, more opportunity to impress us."

The practices and intrasquad games set for this Wednesday and Thursday will also give Mooseheads fans their first chance to see top 2016 QMJHL Draft picks in action, including No. 1 overall

forward Benoit-Olivier Groulx of Gatineau and second selection Jared McIsaac of Cole Harbour, who have both been listed on the green team.

"We've got some exciting players coming in, and there's always going to be some nice surprises," Russell said.

All practices and intrasquad camps this week are taking place in the Scotia 2 Arena due to renovations, and are open free of charge to the public, although the Mooseheads warn that seating is limited and not guaranteed.

## + GREEN AND RED ROSTERS WEEK 1\*

### GOALIES

Raphael Blais, Mirabel, Que.  
Alexis Gravel, Asbestos, Que.

### DEFENCEMEN

Mathieu Charlebois, Blainville, Que.  
Walter Flower, Lunenburg, N.S.  
Jordan Lepage, Rimouski, Que.  
Jared McIsaac, Cole Harbour, N.S.  
Morgan Nauss, Hammonds Plains, N.S.  
William Smith, L'Assomption, Que.

### FORWARDS

Rocco Andreacchi, Bolton, Ont.  
Brett Crossley, Cole Harbour, N.S.  
Barrett Dachyshyn, Halifax  
Arnaud Durandea, Beaconsfield, Que.  
Andrew Martell, Dartmouth, N.S.  
Ian MacPhee, Timberlea, N.S.  
Jordan McKenna, Dartmouth, N.S.  
Benoit-Olivier Groulx, Gatineau, Que.  
Brandon Stone, Fredericton  
Gabriel Vanier, Boisbriand, Que.

\*VETERANS ARRIVE AUG. 22

### GOALIES

Kirklin Allen, Stillwater Lake, N.S.  
Cole McLaren, Annapolis Royal, N.S.

### DEFENCEMEN

Jocktan Chainey, Asbestos, Que.  
Cooper Jones, Bridgewater, Mass.  
Cedric Matte, Waterville, Que.  
Adam Nolan, Mount Pearl, N.L.  
Griffin Roubos, Stoney Creek, Ont.  
Denis Toner, Saint-Andre, N.B.  
Peter Diliberatore, Dartmouth, N.S.

### FORWARDS

Joel Bishop, St. John's, N.L.  
Dominik Blain, Gatineau, Que.  
Marc-Olivier Gilbert, La Prairie, Que.  
Ben Higgins, Truro, N.S.  
Shawn Kennedy, Beaconsfield, Que.  
Raphael Lavoie, Chambly, Que.  
Ryan MacDonald, Middle Sackville, N.S.  
Ilya Putintsev, Moscow  
Frederik Theoret, St-Constant, Que.  
Morgan Robinson, Cole Harbour, N.S.

Russell and staff are also looking forward to seeing which veterans step up as leaders this

season.  
"For us, it's just a fun time of year," he said.

EPL

## Costa pounces to get Conte off mark

Striker Diego Costa struck in the 89th minute as Chelsea won its first competitive match under new manager Antonio Conte, beating West Ham 2-1 Monday night in the English Premier League.

"I'm delighted with the performance, I saw a lot of things that are working, a good intensity with the ball, but we know we can improve," said Conte, a former Juventus and Italy manager.

"We are only working one

month together, but tonight I saw the right intensity."

West Ham thought it had grabbed a late equalizer in the London derby at Stamford Bridge after James Collins' well-struck shot in the 77th minute cancelled out Eden Hazard's penalty kick.

But Costa was able to steer the ball past West Ham goalkeeper Adrian from outside the box to give the home team the result it deserved.

THE ASSOCIATED PRESS

## IN BRIEF

### Isles grab goalie Gibson

The New York Islanders have signed goaltender Christopher Gibson to a one-year, two-way contract.

The Islanders announced the signing of the 23-year-old on Monday. Terms of the deal weren't immediately available. Gibson made his NHL debut with the Islanders last season.

His first NHL win came on April 5 at Washington, clinching the Islanders' Stanley Cup Playoff berth.

THE ASSOCIATED PRESS

### No rapid return for A-Rod

Alex Rodriguez says he won't play again this season. The three-time AL MVP was released Saturday by the New York Yankees.

Rodriguez's hometown Miami Marlins said Sunday they were discussing whether to reach out to the 41-year-old.

Rodriguez spokesman Ron Berkowitz says in a statement Monday: "I want to put all this talk to rest about Alex playing for any team this season."

THE ASSOCIATED PRESS

HOCKEY

## Petter gets call for U18 national duty

One Nova Scotian is lacing up her skates with Canada's National Women's Under-18 Team this week.

Forward Brette Pettet, 17, of Kentville made the cut following a camp at the Hockey Canada National Teams' Summer Showcase, which took place earlier this month in Calgary.

The final rosters for both the under-18 squad and Canada's National Women's Development Team, which is the next step up in the National

Women's Program, were both announced over the weekend.

The five-foot-three, 141-pound Pettet, who normally suits up for Shattuck-St. Mary's in Faribault, Minn., is one of 23 under-18 players who will face off against the U.S. in a three-game series, also being held at the Markin MacPhail Centre in Calgary this month.

The first two games are Thursday and Friday night, with the final set for Sunday.

KRISTEN LIPSCOMBE/METRO



# RECIPE Cobb Salad



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This twist on the diner classic swaps feta for blue cheese but the whole salad can be freestyled to suit your tastes (and what's in the fridge!).

## Ready in 30 minutes

Prep time: 15 minutes  
Serves 4

## Ingredients

- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 2 Tbsp olive oil
- 1 tsp salt
- 1/2 tsp pepper
- 2 chicken breasts
- 6 bacon slices
- 4 oz feta, crumbled
- 1 avocado, diced
- 2 tomatoes, diced
- 1 head of romaine, thinly sliced

## Directions

**1.** Whisk together garlic, thyme, vinegar, oil, salt and pepper. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

**2.** Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into pieces.

**3.** Grill chicken on top rack of oven at 475 degrees until cooked, about 5 minutes a side depending on the thickness. Allow meat to rest a few minutes and then slice across the breasts to make thin strips.

**4.** Arrange lettuce on a large platter. Now layer your ingredients in stripes across the lettuce. Serve with the salad dressing of your choice.

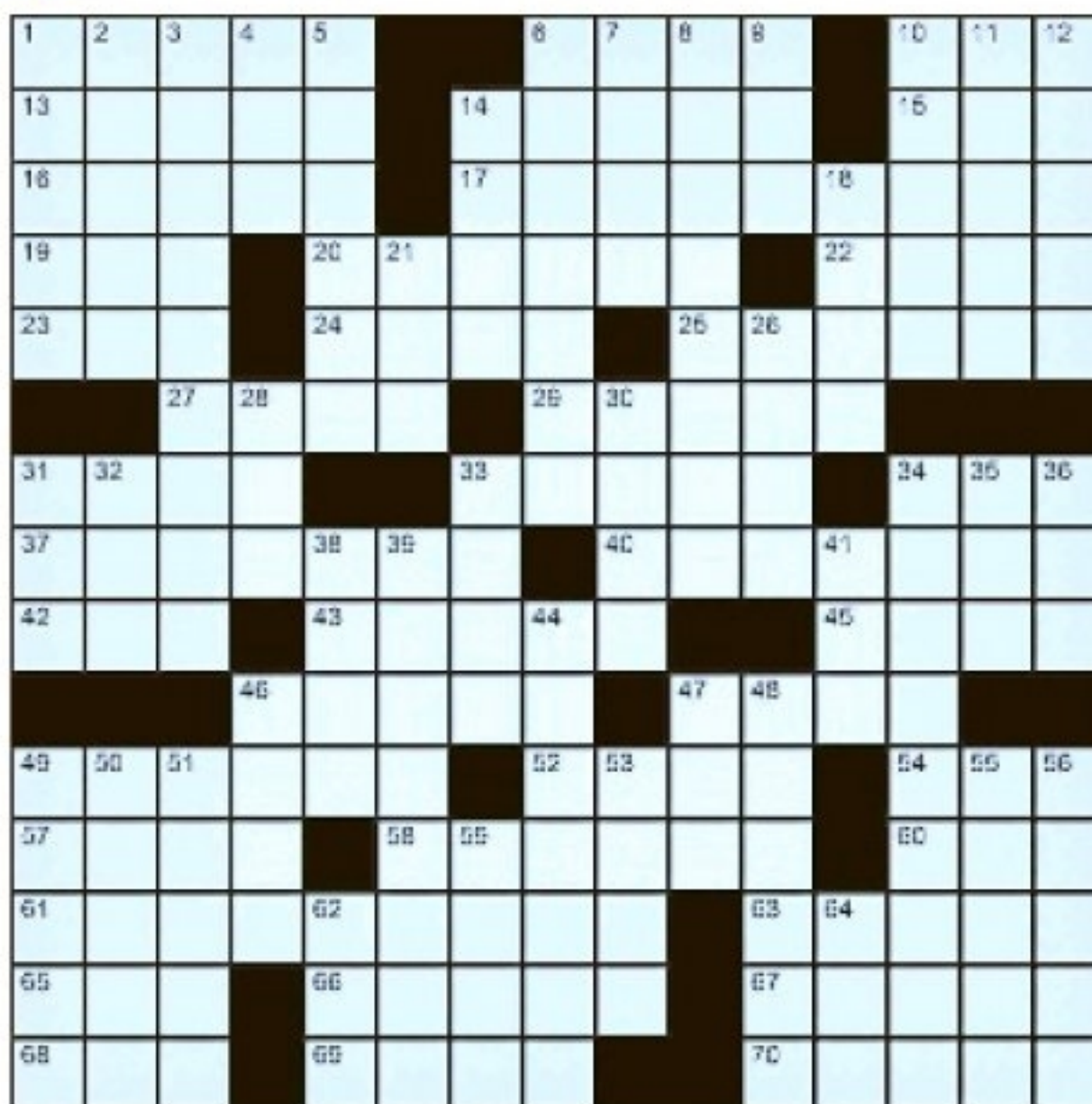
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. RIO 2016: \_\_ Volleyball
6. "Be-\_\_-Lula"
10. \$20s-spewing source
13. Cop \_\_ (Bargain in court)
14. Pave anew
15. French vineyard
16. Port city in northern Brazil
17. RIO 2016: Olympic island nation
19. Yes
20. Greek Myth: Snake-haired Gorgon
22. Single occasion
23. RIO 2016: Tel Aviv's country, IOC-style
24. "Wyatt \_\_" (1994)
25. Lumberjack
27. RIO 2016: Row-er's needs
29. Curls
31. Dull noise
33. Skirmish
34. Mr. Bachman
37. RIO 2016: Rio de \_\_
40. RIO 2016: Olympic country of the Atlas Mountains
42. 16th-century English dramatist, Thomas \_\_
43. RIO 2016: Like #1-Across' playing surface
45. Showy flower
46. Tropical bean tree
47. Spanish 'island'
49. \_\_ chalet
52. Russian river
54. Sugar amt.
57. Declared
58. Newfoundland: Bell Island town
60. "Yoo-\_\_"



61. RIO 2016: Athletics field event: 2 wds.
63. Beasts
65. Mauna \_\_ (Hawaiian volcano)
66. Someone \_\_ (Not mine)
67. Lofty layer
68. 'Hatch' suffix
69. Travel purchas-

- es [abbr.]
  70. Elvis' "Suspicious \_\_"
- DOWN**
1. \_\_ Need Your Loving" by The Four Tops
  2. RIO 2016: Fencing swords

3. RIO 2016: Gymnastics event, Men's Individual \_\_
4. Dee's precursor
5. RIO 2016: \_\_ Throw
6. Quebec town on the St. Lawrence River
7. Giant of ancient Greek mythology

8. RIO 2016: \_\_ Bars (Gymnastics apparatus)
9. Political pundit Mr. Fleischer
10. Nailing
11. Armistice
12. Ponderer
14. What's left-over, briefly

18. Clothes
21. ' \_\_ ' in Edmonton
26. Fashion designer Mr. Cassini
28. Citrus drink
30. Skin care brand
31. RIO 2016: 'Tajikistan', IOC-style
32. Bale of \_\_
33. \_\_ Lisa (The Louvre masterpiece)
34. RIO 2016: Sport in which Canadian Olympian Simon Whitfield won gold in Sydney in 2000
35. Garlic: French
36. Set down
38. " \_\_ take you Diane..." (If Ted and Shelley's characters married on "Cheers")
39. RIO 2016: Event in Athletics: 2 wds.
41. Annex
44. RIO 2016: Badminton and Tennis competitions
46. 'Motor' suffix
47. Mr. Fleming
48. RIO 2016: White-water rapids event
49. Crunchy fruit
50. RIO 2016: Gymnastics event, Women's \_\_ Exercise
51. RIO 2016: Track team race event
53. Mice pals
55. Sensible
56. Models
59. RIO 2016: 'Down Under' Olympic country, briefly
62. Fido's doc
64. Submachine gun variety

# ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
You might see a marvellous way to introduce reforms or improvements at work today. You might see ways to improve your health as well. Move ahead in both directions.

**Taurus** April 21 - May 21  
Romantic relationships are passionate today. A new relationship that begins now will be intense. Destiny!

**Gemini** May 22 - June 21  
You can make a powerful improvement to your home that will make things run more smoothly, especially improvements to bathrooms, plumbing and laundry areas.

**Cancer** June 22 - July 23  
Your ability to convince anyone of anything is amazing today. Your words are like gold. This is a strong day for writers, actors, teachers and salespeople

**Leo** July 24 - Aug. 23  
You are passionately resourceful today. You might see ways to make money from art. Or perhaps you see new applications for something that can generate money.

**Virgo** Aug. 24 - Sept. 23  
Whatever you do today, you will do with intense passion. Life is black and white, not gray. You either want something or you don't. (Oh my.)

**Libra** Sept. 24 - Oct. 23  
Passionate, secret trysts will take place for many of you today. You have to ask yourself if this relationship is a positive thing in your life. (Yes, it's irresistible, but so are nachos.)

**Scorpio** Oct. 24 - Nov. 22  
A friend might become a lover today. One thing is certain: All your interactions with friends and members of a group will be intense and memorable.

**Sagittarius** Nov. 23 - Dec. 21  
Others might seek your advice about how to make something more attractive. This could be design, layout, anything. Meanwhile, a flirtation with a boss might be too hot to handle.

**Capricorn** Dec. 22 - Jan. 20  
Romance with someone from another culture or a different country will begin for some of you now. Others will be passionate about issues regarding politics, religion and race.

**Aquarius** Jan. 21 - Feb. 19  
Discussions about shared property, inheritances and debt will not be casual today. Nothing is casual today (particularly intimacy).

**Pisces** Feb. 20 - March 20  
Your feelings for partners and close friends will be forceful and powerful today. You might see a new, deeper level of the relationship that you had never realized before.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

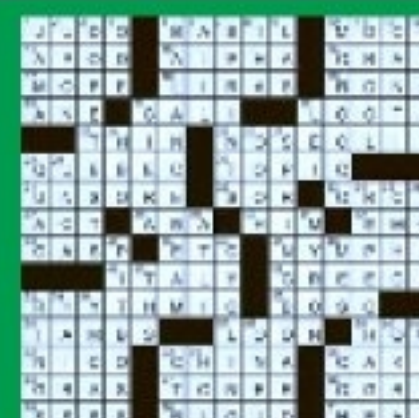
4	9						5	3
6		3					1	7
5			3	8	9			4
	6						8	
8			1		5			9
9								6
7			4	2	1			8
	4						2	
		8	6	7	3	9		

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## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	8	1	5	7	9	6	4	2
6	2	7	8	3	4	1	9	5
5	4	9	2	1	6	7	3	8
8	3	4	7	6	5	9	2	1
1	7	2	4	9	8	3	5	6
9	6	5	3	2	1	4	8	7
7	5	8	1	4	3	2	6	9
2	9	3	6	5	7	8	1	4
4	1	6	9	8	2	5	7	3





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